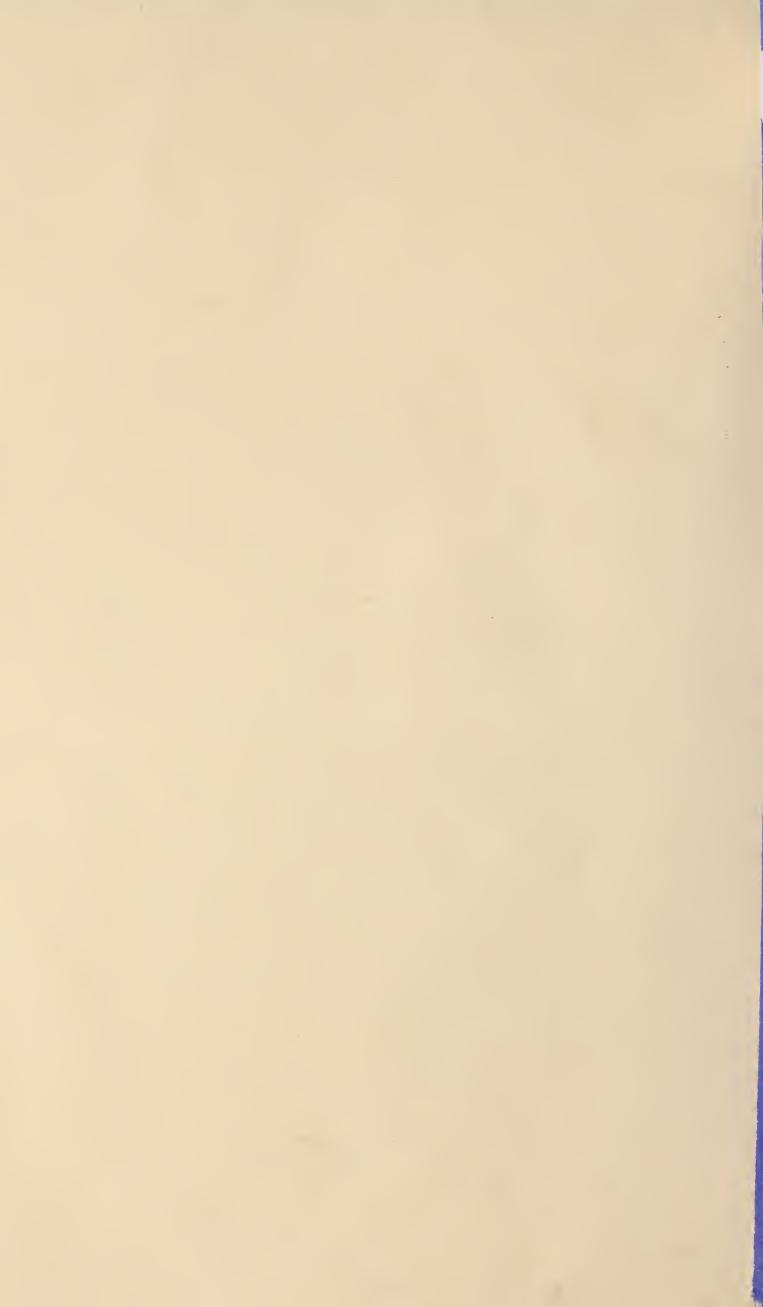
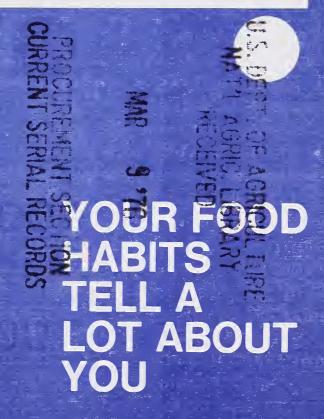
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H9 Sypro #1137







PA-1137

HOME ECONOMICS

EXTENSION SERVICE

U.S. DEPARTMENT OF AGRICULTURE Learn why you make the forchoices the way you do. If pretend you're going shopp and making up your grocer Check () the items you we

| CHICKEN |
|----------------------|
| BEEF ROAST |
| GROUND BEEF |
| LIVER |
| FISH FILLETS |
| MILK (Whole) |
| MILK (Low-Fat) |
| WHOLE WHEAT BREAD |
| ENRICHED WHITE BREAD |
| SOFT DRINKS |
| FROZEN ORANGE JUICE |
| |

Learn why you make the food buying choices the way you do. First, pretend you're going shopping and making up your grocery list.

Check () the items you want.



| | CHECK |
|----------------------|-------|
| CHICKEN | |
| BEEF ROAST | |
| GROUND BEEF | |
| LIVER | |
| FISH FILLETS | |
| MILK (Whole) | |
| MILK (Low-Fat) | |
| WHOLE WHEAT BREAD | |
| ENRICHED WHITE BREAD | |
| SOFT DRINKS | |
| FROZEN ORANGE JUICE | |

| | CHECK |
|---------------------------------------|-------|
| CANNED FRUIT DRINKS (Vitamin C Added) | |
| CELERY, LETTUCE, TOMATOES | |
| APPLES, PEARS | |
| FROZEN FRUITS | |
| BAKERY CAKE | |
| BAKERY ROLLS | |
| INGREDIENTS TO MAKE CAKE | |
| INGREDIENTS TO MAKE ROLLS | |
| TV DINNERS | |
| FROZEN VEGETABLES | |
| FRESH VEGETABLES | |

TAKE THE QUIZ

Now, let's look at some of the reasons you may have made the food buying decisions you did. Here are a few:

• Family Experience. We may grow up thinking that ground beef is a good food to eat. On the other hand, we may never have tasted liver.

• Psychological. Ever eaten your way through a bag of cookies when you were depressed? Ever celebrated a happy occasion with an extra serving of cake? Our emotions have a lot to do with the food choices we make.

 Eating habits: Some families never sit down to a meal together. They grab a bite and run. Other families believe it's important to have

regular meals together.

• Importance placed on nutrition. Some families think nutrition is important. They try to serve a balanced diet, including a variety of good, wholesome foods. Other families leave their nutrition up to chance.

• Interest in food preparation. Some people enjoy cooking. They may prefer to prepare food from "scratch" rather than depend on convenience foods. Others rely on mixes and prepared

foods almost entirely.

• Time spent in planning. Some families shop on the spur of the moment, often buying on impulse. Others shop carefully, comparing food items to select the most economical, nutritious buy for their money.

• Willingness to spend extra for luxuries. An expensive rib roast may cost a lot. You may choose to buy the roast and economize on other things. Or, you might decide to buy ground beef

and spend more money on other foods.

WHAT'S IMPORTANT TO YOU? What are the reasons you buy what you do? Go back to your shopping list. Jot down the reasons you selected the foods you did. Next time you're shopping "for real," think about your reasons when making a choice. You may want to change some of those food buying habits!

Want more information on food buying and planning nutritious meals? Contact the home economist at your County Extension Service.

